

Ins and Outs for Friday, November 26, 2010

The year may be winding down but the MCRRC calendar is not. We've got races, parties and lots of other happenings so I've tried to include it all, hopefully without forgetting anything! If you have an item for Ins and Outs, or any questions or comments, please email, [ins\\_and\\_outs@mcrrc.org](mailto:ins_and_outs@mcrrc.org). Note: Ins and Outs is distributed every other week, usually the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month. To ensure that your items are included in an upcoming newsletter, please submit any requests by the 2<sup>nd</sup> or 4<sup>th</sup> Wednesday of the month. Thanks!

Karen Kincer, Editor

## OFF TO THE RACES

### Changes to the 2010 MCRRC Championship Series

Due to an equipment failure at the Candy Cane City 5K, the results for that race, while available on the website, are still incomplete. If you are missing in the results please email [club\\_race\\_results@mcrrc.org](mailto:club_race_results@mcrrc.org) with your time and/or order of finish in relation to other runners. We will do our best to correct the results but due to this complication the race has been removed from the 2010 MCRRC Championship Series. The championship series will now be the best 4 races of 9 instead of the best 5 of 10. There are still 2 championship series races left (Turkey Burnoff 10 mile and Jingle Bell Jog 8K) to reach the new minimum of 4 races needed to qualify for championship series awards.

Please note that this equipment malfunction was not related to the chips. Your chips are working correctly and runners should continue to wear their assigned chip.

All age groups will now have three awards for the Championship Series and two awards for the Cross Country Series.

### Turkey Burnoff

The annual Turkey Burnoff, one of MCRRC's most popular races, will be held tomorrow, Saturday, November 27<sup>th</sup> at Seneca Creek State Park in Gaithersburg. The 5 and 10 mile races will start at 10:00AM followed by a 2 mile Junior Participation race at approximately 10:05AM. The 10 mile race is the 8<sup>th</sup> of 9 events in the MCRRC 2010 Championship Series. Parking at the race site is very limited so carpooling is strongly encouraged, and you should leave plenty of time to park and walk to the starting area. [http://www.mcrrc.org/racing/2010/race\\_descriptions.php#turkey\\_burnoff](http://www.mcrrc.org/racing/2010/race_descriptions.php#turkey_burnoff)

### Frozen Slopes 6K

The Frozen Slopes 6K will take place Saturday, December 4<sup>th</sup> at 9:00AM at Meadowside Nature Center in Rockville. The 6K Cross Country Race is the final race in the 2010 MCRRC Cross Country Championship Series. [http://www.mcrrc.org/racing/2010/race\\_descriptions.php#frozen\\_slopes](http://www.mcrrc.org/racing/2010/race_descriptions.php#frozen_slopes)

### Jingle Bell Jog 8K

The Jingle Bell Jog 8K will take place Sunday, December 12<sup>th</sup> at 9:00am at the Senior Center in Rockville. This is the last race in the 2010 MCRRC Championship Series. A one mile fun run will begin just after the 8K runners clear the start area. The 8K race is followed by MCRRC's annual business meeting in the Carnation Room at the Senior Center.

[http://www.mcrrc.org/racing/2010/race\\_descriptions.php#jingle\\_bell\\_jog](http://www.mcrrc.org/racing/2010/race_descriptions.php#jingle_bell_jog)

## VOLUNTEERS

The last races of the year need volunteers to make sure that they are successful. Even if you are running a race you can still help set up beforehand, do clean up or help return equipment to the shed after the race. You can sign up to volunteer for any club race on the main volunteer page.

MCRRC Volunteer Page <http://www.mcrrc.org/volunteer.php>

## Run Under the Lights

Thanks to those who volunteered at the inaugural Run Under the Lights. This unique race was a great success thanks to all of you.

## Personalized Bibs

Personalized bibs for the low key race series are available first-come first-served for those who have volunteered for 5 or more races, for 20 or more hours or who have contributed \$100 or more to the club. Just submit your top five MCRRC race bib number choices (ranging from numbers 10 - 100) and your name will be custom printed on the bottom of your 2011 race bib. Your personalized race bib will be used for the low-key club races scheduled for next year. Submission deadline is 11/30/10.

<http://www.mcrrc.org/member/top100fm.html>

## TRAINING PROGRAMS

### New Winter Half Marathon Program

Coach Beth Serepca says, Don't worry about over-eating this holiday season! Run off those extra calories by registering and running with over 100 of your running friends at the new winter half marathon training program. It starts on January 5<sup>th</sup> with a track workout.

<http://www.mcrrc.org/programs/winterhalf.php>

For those of you who aren't up for half marathon training this winter, registration for the popular Speed Development Program, which targets the Pike's Peek 10K in April, will also open soon.

### Winter Training Runs

Wanda Walters and MCRRC Board Member Karen Craney are coordinating informal runs for MCRRC Members on the Capitol Crescent Trail, Saturday mornings at 8:00AM. Runners should meet in the parking lot across from Barnes and Noble in Bethesda BEFORE 8:00AM to gather into groups of similar paces. This group run will take place into 2011 until the beginning of the club's winter training programs

in January. Stay tuned to mcrrc-info for schedule changes due to weather, events in Bethesda or to avoid conflict with the club's race calendar.

Larry Culkin and Jeff Lang are coordinating informal runs Sunday mornings at 8:00am at Ken-Gar Park in Kensington, just off Beach Drive. Groups of varying paces will run 8 – 12 miles. This run takes place year round.

## CLUB BUSINESS

### Club Budget

The Estimated Budget for 2011 is available on the website for those of you who wish to preview it. The budget will be formally presented at the Annual Club Business Meeting following the Jingle Bell Jog on December 12<sup>th</sup>. Anyone who has immediate questions or comments may email [treasurer@mcrrc.org](mailto:treasurer@mcrrc.org). [http://www.mcrrc.org/club-business/2011\\_Budget.pdf](http://www.mcrrc.org/club-business/2011_Budget.pdf)

### MCRRC Holiday Party

Mark your calendar for the MCRRC Holiday Party, Friday, December 3<sup>rd</sup> from 7:00PM to 11:00PM at the Senior Center in Gaithersburg. Your invitation should have already been delivered to your mailbox!

### Awards Deadline

Nominations for the following 2010 MCRRC awards are due on or before December 10th:

- Mike Broderick Memorial Coach of the Year
- Most Improved Runner (male & female)
- Outstanding High School Runner (male & female)

Details and online nomination forms are at on the website. <http://www.mcrrc.org/awards/>

You will also find information about other awards such as Volunteer Service and Runner of the Year.

### Save the Date!

MCRRC's annual awards party will be held on Sunday, February 13, 2011 at the Rockville Hilton from 4:00PM to 9:00PM. Look for more information on the website and in your mailbox soon!